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Housekeepers' Chat

Release Monday, Dec. 10, 1928.

NOT FOR PUBLICATION

Subject: A New Christmas Confection -- Jellied Grapefruit Peel Dipped in
in Chocolate Program also includes recipe for Date Bars. Both from Bureau
of Home Economics, U. S. D. A.

Bulletins available: "Aunt Sammy's Radio Recipes," "Aunt Sammy's Radio
Record."

--ooOoo--

In these days of hurried, flurried Christmas shopping -- when cards with
machine-made sentiments are turned out by the millions -- there is something
appealing about a gift of home-made candy, or cookies, or fruit cake.

Let's imagine it's Christmas eve. The packages from far-away places are
being presented by a red-cheeked Santa Claus, who has a nose just like Uncle
Edgar's.

Everybody's having a grand time. The children shout and squeal, as they dance
around the lighted tree, and open their Christmas gifts. Did I say everybody
is having a grand time? I forgot about Father. He doesn't look exactly
thrilled. Not that he has been neglected. There's a pair of comfortable
house slippers, from Aunt Millie. She always sends house slippers. A couple
of handkerchiefs from Dorothy. You know handkerchiefs are so easy to send --
and of course a person can't have too many.

There's a tie from the boy at college -- an orange-colored tie, which will
probably go back to college, since it's a little too gay for Father. There's
a nice shirt, from the oldest daughter, Ella. A shirt without a collar.
Father never wears that kind. Good of Ella to think of him, though. (As a
matter of fact, she didn't think of him till she noticed a table of bargain
shirts, marked down to \$1.27.)

That's all, for Father. Just what he expected. Just what he always -- What's
this? Santa has found another package on the tree. A package wrapped in
white and gold tissue paper, tied with a wide red satin ribbon, and a sprig
of holly on top. Now whoever would go to such pains, for an unromantic
looking old codger like Father! Only one person in the world -- Elizabeth
Jane.

Wait a minute -- let's take a peep at the card -- over Father's shoulder:

"Dearest Dad: I hope my home-made gift won't detract from your pleasure in



the usual tie-shirt-socks-and-handkerchief combination. Did Aunt Millie send you crocheted slippers again? I tried to think of something you'd really like, this Christmas, and I spent a day or so making some of the candies and cakes you used to be so fond of. Love, from Elizabeth Jane."

Well, well, well! Elizabeth Jane, the buzziest one of his daughters, took time to make his favorite sweets! There's a dreamy look in Father's eyes. He's thinking of Elizabeth Jane, and the little red mittens he got her one Christmas -- fifteen, twenty-- has it been that long ago?

That's all of our story. I've given you plenty of time to provide yourselves with paper and pencils this morning, so that you may write one of the very best recipes I've ever broadcast: Jellied Grapefruit Peel, Dipped in Chocolate. Every woman who entertains, who has friends in for informal teas, luncheons, and parties, will be delighted with this new confection. (Sounds as if I were trying to sell something, doesn't it?)

I'm not -- but I am enthusiastic about this confection. I'm making some for my Christmas gift boxes.

There are five ingredients necessary for Jellied Grapefruit Peel Dipped in Chocolate:

10 ounces of grapefruit peel	$\frac{1}{2}$ teaspoon salt
2 cups, or 14 ounces, of sugar	1- $\frac{1}{3}$ cups water for sirup, or enough to cover the peel, and Chocolate for dipping

Again, the 5 ingredients for Jellied Grapefruit Peel, Dipped in Chocolate: (Repeat).

Let me caution you to weigh the peel and sugar, accurately, and to use the exact quantities called for in the recipe. Another thing -- be sure to get dipping chocolate, which is a special kind made for coating confections. Dipping chocolate is not ordinary cooking chocolate, nor is it sweet chocolate.

Now we can proceed with the directions for Jellied Grapefruit Peel: Try to select thick, soft, unblemished peel, from smooth grapefruit. Strip the peel from the grapefruit, in quarter sections, including all the white part possible. Cut the peel into strips, half an inch wide. Don't trim off either the outer rind, or the white pith; use the entire peel. Now, parboil the peel, three times. Add two quarts of water each time, bring to the boil, cook for half an hour, and discard the water after each cooking. The strips of peel should now be tender, and must be handled gently, so they won't break.

Now, place the water, the salt, and the sugar in a saucepan about eight inches wide. Stir until the sugar is dissolved. Then add the strips of peel, arranging them carefully, skin side up, so that they lie parallel to

each other, to prevent their being broken when turned. Cook rapidly, for about 40 minutes; then reduce the heat, and continue to boil gently for about 30 to 40 minutes longer, or until all the sirup is absorbed. Be very careful at this point, that the sirup does not scorch. The strips of peel must be lifted or turned frequently, with a fork, so that all are equally penetrated by the syrup. Place the strips, skin side down, on waxed paper. When they are cool, cut them in pieces from one and one-half to two inches long.

Now we're ready to dip the Jellied Grapefruit Peel. Put the dipping chocolate into the upper part of a double boiler, over boiling water. Remove from the fire, and allow the chocolate to melt slowly. When the chocolate is soft, drop in the fruit. Use a fork, to lift the grapefruit from the chocolate. Scrape off the drippings, and put the candy on waxed paper, to dry overnight. Don't let the chocolate get hot, as this will cause it to be streaked, when it's cold.

I shall repeat the directions, for this confection, because I'm sure you'll all want to try it, and of course you want to get it right: (Repeat above three paragraphs.)

Before we conclude our candy-making session, I want to give you a few "helpful hints" about cooking candy, and a recipe for Date Bars.

When you begin your Christmas candy making, be sure you have a pan of suitable size. A pan with a smooth surface is best, of material thick enough to prevent scorching. Heavy aluminum is good. The pan should not be too large, but large enough to allow space for "boiling up." A wooden spoon is desirable. Wooden spoons do not scratch the saucepan, and they are easy to handle, in hot candy. Many people use a marble slab, for candy work. If you do not have a marble slab, use a baking sheet, or a large platter.

If you are making brown sugar candy, remember that light brown sugar has a more delicate flavor than dark brown sugar. Remember also that the flavor of butter is more pleasing than that of a butter substitute, in delicately flavored candies. Butter is most satisfactory for greasing candy pans, too, as the fat used is sure to taste in the candy.

Some one asked me the other day how to cover candy and nuts with chocolate. Get the commercial chocolate, prepared for dipping, and melt it in a double boiler. Don't let the water in the lower part boil, for this makes the chocolate coating streaked, when it hardens. With a two-tined fork, lower your candy, or fruit balls, or nuts, into the melted chocolate. Lift them quickly, and scrape off with a knife the surplus chocolate that drips from them. Place on waxed paper to dry.

In the radio cookbook, beginning on page 76, you will find recipes for many kinds of candy -- Fondant, Chocolate Fudge, Nut-Coated Marshmallows, Nut Brittle, Parisian Sweets, Popcorn Balls, and Sugared Popcorn. If you have



12/10/28

neglected to write for a radio cookbook, and will send for it immediately I think we can get it to you a few days before Christmas. We'll try.

I'll give you just one more recipe today, and that is for Date Bars.

Seven ingredients, for Date Bars:

3 eggs, beaten	1 teaspoon baking powder
1 cup sugar	1 cup nut meats, chopped, and
1/2 teaspoon salt	1-3/4 cups pitted dates
1 cup flour	

Let's check the seven ingredients: (Repeat)

Stone and chop the dates. Mix the ingredients, in the order given. Bake in greased, shallow tins, in a slow oven. When cool, cut in bars, and roll in granulated or powdered sugar. Add more dates, if the bars are to be kept some time.

Tomorrow: "How to Wash Rag Rugs."

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